

Prime Time

An Adult Supportive Day Program

For those of you who may not be aware of it, the Town of Dighton has an adult day program located to the rear of the Town Hall called “Prime Time”. The purpose of this program is to provide our elderly population with social activities in a supportive setting. Guests who attend are from Dighton and many surrounding communities. Respite for caregivers is also provided for those who need planned relief to conduct personal business or enjoy some leisure time away from a loved one who may not be able to be left alone.

At “Prime Time” a home-like atmosphere is provided fostering openness, sharing, laughter and understanding, all in a pleasant informal setting. Our guests benefit from, both, mental and physical stimulation and thoroughly enjoy participating in regularly scheduled activities and programs. An opportunity is provided for guests to socialize and enjoy a nutritious breakfast and lunch with their peers. Our goal is to foster personal enrichment and to promote the highest level of social functioning in a safe, caring and nurturing environment. “Prime Time” provides stimulating programs, for qualifying seniors, such as arts & crafts, light exercise, walking club, outings, blood pressure screenings, podiatry sessions, clinics, bingo, games, and a hairdresser and barber service.

If you would like to get out of the house and just be with people, or know someone who cannot stay home alone or whose family could benefit from some respite, we may be able to help both the elder and the caregiver. “Prime Time” is open Monday through Friday from 8:00 a.m. to 3:00 p.m. At “Prime Time” your loved ones quickly become our loved ones. Call Alice or Sheila at 508-669-6272 for more information or to make an appointment to come and see for yourself just how wonderful a program it is. We’re here for you!